



FIT FOOD SALAD & SMOOTHIE

Prep: 30mins - Serves 2 – Easy

For the salad:

1 shallot
1 tbsp sunflower oil
120g precooked wheat berries (Ebly)
400ml vegetable stock
100g frozen peas
2 spring onions
50g feta cheese
½ pomegranate seeds
Radish shoots

For the hummus:

240g chickpeas
1 garlic clove, crushed
3 tbsp tahini
3 tbsp yoghurt
1 lemon juice
¼ tsp salt
2 tbsp olive oil

For the dressing:

4 tbsp olive oil
juice of 1 lime
2 tsp maple syrup
1 tbsp coriander, chopped
1 tbsp mint, chopped
salt & pepper

For the smoothie:

1 small avocado
250g pineapple, ready to eat
50g spinach
1 tbsp ginger
juice of 1 lime
a handful of fresh mint
100ml coconut milk
100ml water

For the salad:

1. Peel and finely chop the shallot. Heat the sunflower oil in a frying pan and fry the shallots for 4 minutes until soft. Add the precooked wheat berries and the vegetable stock to the pan and cook for 8 minutes until the wheat is soft. Remove from the heat and set aside.
2. Meanwhile, prepare the hummus: Put the chickpeas, crushed garlic, tahini, yogurt, lemon juice, salt and olive oil into a blender and mix until smooth.
3. Cook the peas in a saucepan of boiling salted water for 5 minutes. Drain and set aside.
4. Finely slice the spring onions, crumble the feta and put both ingredients into separate bowls.
5. Mix all the dressing ingredients together in a small bowl.
6. Distribute the cooled wheat berries between two bowls. Nicely garnish with the hummus, peas, spring onions, feta, pomegranate seeds and radish shoots and drizzle with the dressing before serving.

For the smoothie:

7. Peel and stone the avocado and roughly chop. Put the avocado and all the remaining ingredients into a blender and mix until smooth.

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